

## BRIGHTEN UP

The daily stresses of life take a toll on our skin, sapping it of its glow. The Brightening Facial at **Bluemercury** revives your face by tightening and brightening the skin, leaving it as soft as a baby's. Best of all, the results are immediate.

The facial begins with a thorough cleansing, followed by a glycolic peel that sloughs off the dead skin, a vitamin C mask and an oxygen blast. "The vitamin C treatment tightens and lightens the face while the oxygen blast gives the face luminosity and a deep hydration," says lead aesthetician Lisa D'Ortiz.

But the real secret to the facial, and this spa, is customization. Before any facial, D'Ortiz studies the skin to tailor the treatment to the skin type and condition. *Bluemercury, Boca Raton (561-361-1000, bluemercury.com)*



### FACE FACTS

As a dermatologist, Kenneth Beer, M.D., understands what's best for the skin. He teaches at the University of Miami and Duke University, has a dermatology studio in Palm Beach and researches the benefits of Botox, fillers and lasers. *PBI* asks Dr. Beer about the latest noninvasive treatments.

#### **PBI: What are the latest uses of Botox, fillers and lasers?**

BEER: I am using a lot more Botox with fillers, in areas around the mouth and the frown lines, for instance, and a lot more lasers (Fraxel) with Botox and fillers such as Juvéderm and Restylane. Intense pulsed

lights are also being used with all of these, and the results have been impressive.

#### **How can we quickly get our skin in shape for the season?**

Most of what we are doing is noninvasive or minimally invasive. Fraxel is one of the most popular treatments because people can do a series of the treatments with little or no downtime. Intense pulsed light is another one, because the skin looks great after the first few treatments and there is minimal downtime.

#### **What innovative ingredients are you researching?**

I am using some novel skin brightening agents for my new skin-care line. One of our micronized bamboo scrubs also is being updated; it has been wonderful to help the skin texture and tone. [Also] we are increasing the concentration of green tea to deliver more polyphenols.

### EDITOR'S PICK

#### SEE THE SIGNS

The holiday season is the time for flawless skin. We turn to **SK-II**'s newest secret weapon, Signs Wrinkle Serum. This powerful cocktail of antiaging ingredients instantly plumps up wrinkles and grants a smoother complexion.

Long popular with Japanese women, SK-II is known for its use of Pitera, a proprietary blend of vitamins, amino acids, minerals and organic acids that slows the signs of aging. Does it work? Cate Blanchett thinks so. *Saks Fifth Avenue, Boca Raton (561-393-9100, saksfifthavenue.com)*

